



Yeofit Timetable

6th June 2021

To book and for info on latest list of classes see the website:

www.lynnejoynerfitness.co.uk

	Monday	Tuesday	Wednesday	Thursday	Friday
07:00 to	Spin	Kettlercise	Spin	Body Wgt Strong	Spin
12 noon	Gosia	Gosia	Gosia	Paul	Lynne
	7.00-7:45am	7.00 -7.45am	7.00-7:45am	7.30-8.15am	7.00-7.45am
		Post-natal		Yoga	
	Yoga	with Lynne tbc		*Sarah Constantinides	
	*Gary Osborn-Clarke	9.30am to 10.30am		9.00-10.15am	
	10-11.15am			Sep-21	
	from 7th June	Exercise 4 Health		Yoga	
		with Lynne		*Sarah Constantinides	
		11am to 12am		10.30-11.45am	
				Sep-21	
<i>lunchtime</i>		Clinical Pilates			
		*Fiona S-P			
		Sep-21			
17:30 - 18:15		YeoPower	Class tbc	Body conditioning	
		Lynne	tbc	Lynne	
		5.30-6.15pm	5.30- 6.15pm	5.30-6.15pm	
<i>Evening</i>					
			Yoga		
			*Debbie Rivers-Moore		
			7:00 -8.30pm		

*** WHERE YOU SEE AN ASTERIX * PLEASE BOOK WITH THE INSTRUCTOR DIRECT - SEE BELOW FOR CONTACT DETAILS**

***Contact Lynne Joyner to buy resistance bands or order online from Amazon etc lynne.joyner1@gmail.com**

Louise Wiseman - for classes/personal training tel 07919 416927

louiseman73@gmail.com

Paul Bunce for rehab and performance training 07469 932304

pozza2020outlook.com

Yoga Gary Osborn-Clarke 0789 903 4645: Book/pay

gary@yogabristol.co.uk

Physio Clinical Pilates Fiona Stretton-Pow: Book/Pay 07837 213247

mendippps@gmail.com

Iyengar Yoga: Debbie Rivers-Moore: Book/Pay 07815 799865

debbie@rivers-moore.com

Yoga with Sarah Constantanides: Book/pay 07879 206543

sarah.buscottfarm@gmail.com

BlueSky Physiotherapy tel 0117 946 7618

<https://www.blueskysportsphysio.co.uk/contact>